



REGISTER AT THE POOL

Cutler Ridge Pool

Summer Hours & Swim Lessons



Summer Hours: June 11, 2012 – August 17, 2012

Registration for swim lessons starts on May 23 from 8am-4pm on a first-come, first-served basis

Swim Lessons:

Session Dates

Session 1: June 11 – June 22

Session 2: June 25 – July 6

Session 3: July 9 – July 20

Session 4: July 23 – August 3

Session 5: August 6 – August 17

- All students will be swim tested the first day of class to be placed into the appropriate level.
- No classes will be made up unless cancelled by the facility.

Class Times

Tiny Tots: 11am, 5pm, 5:30 pm, 6pm ages 3-5

Level 1-3: 8am, 9am, 10am, 11am, 6:30pm, 7:30pm ages 6+

Adults: 18+, times To Be Announced

Cost- \$50.00 per session, per student + applicable Red Cross fees.

Public Swim Hours

June 11th – August 17th

Mon – Fri 12:30 - 4:30

Saturday 12:30 - 4:00

Sunday 12:30 - 3:30

Adult Lap Swim, Mon-Fri 7:15 am-8:00am

Cost

Adult- \$2.00

Child-\$1.50

Sr. Citizen-\$1.25



Town of Cutler Bay

Parks and Recreation Department

Cutler Ridge Pool

10100 SW 200 ST

(305) 238-5344

Class Description

Tiny Tots

This level is an introduction to the water. Skills include bubble blowing, floating, orientation to the water, holding breath, and kicking. More advanced skills may be taught depending on the skills of the child. **This is a 30 minute class that requires one adult to be in the water per child.** This class is taught with a group but skills are taught on an individual basis. Practice of skills depends heavily with the parent. Classes will be offered at 11am, 5pm, 5:30pm, 6pm. Ages 3-5yrs old.

Class length = 30 minutes.

Adult must be in water with each child.

Level 1

Level 1 is the Introduction to water skills phase by the American Red Cross. It is described as helping the students feel comfortable in the water and to enjoy the water safely. The skills learned in this level include: fully submerging face, supported kick on back, supported kick on front, supported float on front, supported float on back, begin to understand alternating arms coordination, bubble blowing, and basic water and pool safety rules. Classes will be offered at 8am, 9am, 10am, 11am, 6:30pm & 7:30pm. Ages 6+.

Class length = 45 minutes.

Level 2

Level 2 is the Fundamental water skills phase by the American Red Cross. It is described as giving students success with fundamental skills. The skills learned in this level include: supine float or glide, prone float or glide, flutter kick on front, flutter kick on back, back crawl arm action, combine stroke from front using kick and alternating arm action, combine stroke on the back using kick and alternating arm action. Classes will be offered at 8am, 9am, 10am, 11am, 6:30pm & 7:30pm. Ages 6+.

Class length = 45 minutes.

Level 3

Level 3 is the Stroke Development water skills phase by the American Red Cross. It is described as the next step to level 2 working on the previous learned skills with additional guided practice. The skills learned in this level include: reverse direction while swimming on back, coordinate arm stroke for front crawl with breathing to the side, prone glide with push-offs, supine glide with push-off, reverse direction while swimming on front, coordinate back crawl, elementary backstroke. Classes will be offered at 8am, 9am, 10am, 11am. Ages 6+.

Class length = 45 minutes.

Adults

A class taught for beginners that would like to become more comfortable in the water, and learn the basics of swimming. Class times to be announced.

Class length = 45 minutes.